



2nd Annual Rural Health Initiative

Choose to Move 5K Run/Walk Thursday, September 1, 2016

Shawano County Fair

990 E. Green Bay Street • Shawano, WI 54166

EVENT INFORMATION

Information can also be found online: www.wiruralhealth.org or www.ACTIVE.com

TIME **5:00 pm** Registration & Check-In / **6:00 pm** 5K Starts

REGISTRATION **Includes** short-sleeve T-shirt, BIB number, and 1 free Admission ticket + 1 FREE Parking voucher to *Shawano County Fair*.

Registration Fees	Today – Aug 25	Aug 26- Sep 1
Adult (13 years & older)	\$25	\$30
Youth (12 & younger)	\$15	\$20

*No fee difference between runners or walkers.

All sales are FINAL. Event fees will not be reimbursed due to a cancellation of the event or if the registrant cannot participate at the event.

HOW to REGISTER **Mail:** Download registration forms at www.wiruralhealth.org. Print, complete, and mail (*with payment*) to: Rural Health Initiative, 100 County Road B, Office W200, Shawano, WI 54166

Online at www.ACTIVE.com, search *Choose to Move*



T-SHIRT GUARANTEE DEADLINE: August 25, 2016.

Registration MUST be received (online or via mail) no later than the deadline for participant to receive the desired t-shirt size. If the registration is received after the deadline, the t-shirt and/or size will depend on availability. Available T-shirt sizes include adult small (S), medium (M), large (L), XL, and XXL.

PACKET PICK-UP **Tuesday, August 30** and **Wednesday, August 31**
Mountain Bay Outfitters: 620 S Main St, Shawano, WI 54166
3:00P – 6:00P

ABOUT THE COURSE Entire course will be held on the Shawano County Fair Grounds and Mountain Bay Trail. The cross country course will consist of a dirt/off-road trails, fluctuating terrain, and a section of paved trail. (Unfortunately, this course is not 100% stroller-friendly, but participants have completed it with strollers or joggers in the past.) Wet or muddy areas are possible, depending on weather. **Plan accordingly.**

AWARDS/PRIZES Prizes will be awarded following the event. Awards will be presented to the overall male & female winners as well as the top male & female runners in each age division:
12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60+